

## CLAIMS

1. A prophylactic or therapeutic for diabetes mellitus which comprises a growth-hormone secretagogue receptor (GHS-R) antagonist as an active ingredient.
- 5 2. The prophylactic or therapeutic according to claim 1, wherein the GHS-R antagonist is a ghrelin or ghrelin analog antagonist.
3. The prophylactic or therapeutic according to 1 or 2 which is to be administered peripherally.
- 10 4. A method of lowering the blood glucose level by administering a GHS-R antagonist.
5. A prophylactic or therapeutic for obesity which comprises a GHS-R antagonist as an active ingredient.
6. An appetite suppressant which comprises a GHS-R  
15 antagonist as an active ingredient.
7. A method of preventing or treating diabetes mellitus which comprises administering an effective dose of GHS-R antagonist.
8. A method of preventing or treating obesity which  
20 comprises administering an effective dose of GHS-R antagonist.
9. A method of suppressing appetite which comprises administering an effective dose of GHS-R antagonist.